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Making Emergency Visits Manageable

Whether it is a planned admission or an unexpected emergency visit, the unfamiliar noises and activities of a hospital can be upsetting, especially if you are living with dementia. Preparing for this situation ahead of time can help make your experience less stressful and can assist medical staff in providing you with the best care.



Donate Now

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"The older you get, the more likely you will have a trip to the emergency department, so you should prepare yourself to have the best experience possible. It is important to think about this before you are in the situation, because nobody is at their best in a crisis," says Belinda Parke, Associate Professor at the University of Alberta and keynote speaker at the Alzheimer Society's upcoming Care4u conference taking place on Saturday, October 29 at Canadian Mennonite University.

If you prepare for a visit to emergency, you can anticipate how to handle various situations and can create the opportunity for more personalized care.

"The systems and processes of an emergency room are necessary but confusing," explains Belinda. "Trying to influence the system of care is a real tough nut to crack. We need to approach it from a community empowerment perspective instead."

Taking Charge

After the triage nurse has the information necessary to assess the urgency of your case, take control of the situation by communicating your needs. While emergency staff are busy and have a complex job to do, there are positive ways to approach staff that will soon have everyone working together.

"Start the conversation by saying, 'I know you are really

[See "Emergency" page 4...](#)

Couple Hosts Coffee Break® Event – Year After Year

Irv and Pat Cosgrove have invited friends and neighbours to a Coffee Break® event at their place of residence – Vic Wyatt House on St. Anne's Road – since they were newlyweds 17 years ago.

Any individual or group can set up a Coffee Break event during September or October to raise money for the Alzheimer Society, and the Cosgroves are pleased to do so in their life-lease development. "Almost everyone knows someone with dementia, and we know people appreciate being able to make a donation to this cause," says Pat.

The couple appreciates receiving material from the Society, such as posters and coffee cup cut outs. They use these items to advertise the event, which helps to keep the date in everyone's mind. On the day of the event,

[See "Coffee Break" next page...](#)



Irv and Pat Cosgrove, Coffee Break® event hosts.

"Coffee Break" continued from page 1...

donations are carefully recorded, as tax receipts are issued to all donors.

The turnout for this Coffee Break get together is always good because people enjoy coming to the Vic Wyatt House common room to exchange donations for coffee, tea, juice and baked treats. The Cosgroves are quick to point out that residents are generous in their giving. Some residents who are unable to attend will even offer a donation beforehand.

Irv and Pat are happy to host a Coffee Break event each year, and they plan to continue the tradition. To date, their efforts

have translated into almost \$12,000 – money that is used to support the Society's programs and services in Manitoba, as well as research to find a cure.

How to Become a Coffee Break Event Host

Anyone can follow in the Cosgrove's footsteps! To find out about hosting a Coffee Break event anywhere in Winnipeg or Manitoba this fall, please visit alzheimer.mb.ca or call 204-943-6622 or 1-800-378-6699. It's a great way to raise money for the Society while enjoying the company of neighbours, friends and colleagues!★

GRAND OPENING! ALZHEIMER SOCIETY PARKLAND OFFICE

Thurs., Sept. 29, 2016, 1:30 pm to 3 pm
Join us at 118 Main St. N. in Dauphin

COMING UP!

Family Education: Next Steps

Strategies in Managing Personal Care Safely and with Dignity

Wednesday, Sept. 14, 7 to 8:30 pm
St. Joseph's Residence, 1149 Leila Ave., Winnipeg

Understanding Pain in People with Dementia

Wednesday, Oct. 12, 7 to 8:30 pm
Riverside Lions Estates, 188 Worthington Ave., Winnipeg

Enhancing Communication with People with Dementia

Thursday, Nov. 17, 7 to 8:30 pm
Rivera - The Wellington, 3161 Grant Ave., Winnipeg

Dementia...Answers You Need

Wednesday, Sept. 21, 1 to 3 pm
Peguis First Nation – Community Hall, Peguis

The Alzheimer Journey: Navigating the Road Ahead Four-part Video Series

Tuesdays, Sept. 27 to Oct. 18, 7 to 8:30 pm
Niverville Friendship Centre, 118 2nd Ave., Niverville

Wednesdays, Sept. 28 to Oct. 19, 7 to 8:30 pm
Pat Porter Active Living Centre, 10 Chrysler Gate, Steinbach

Experiencing Dementia

Eight Wednesdays, Oct. 5 to Nov. 23, 10 to 11:30 am
Alzheimer Society of Manitoba Provincial Office,
10-120 Donald St., Winnipeg

Living with Dementia: First Steps

Saturdays, Sept. 17, Oct. 15, Dec. 3, 9 am to 12 pm
Riverwood Square, 1778 Pembina Hwy., Winnipeg

Saturday, Oct. 1, 9 am to 3 pm
Lions Manor MP Room, 622 Centre Ave., Stonewall

Saturdays, Nov. 5 and 19, 9 am to 12 pm
Lac du Bonnet Health Centre, 75 McIntosh St. E., L du B

Living with Alzheimer's Disease or Other Dementias

Saturday, Sept. 24, 9 am to 4 pm
Russell Health Centre, 426 Alexandria Ave. S., Russell

Saturday, Oct. 22, 9 am to 4 pm
Brandon Regional Health Centre,
150 McTavish Ave. E., Brandon

Telehealth Sessions (for regional communities only)

Join us from 6:30 to 8 pm on the following dates:

- Tuesday, Oct. 25: **Steps to Safety: Falls Prevention**
- Tuesday, Nov. 29: **Transitioning to Long Term Care**

Minds in Motion®

Fall Minds in Motion® sessions will run at six Winnipeg locations, in Gimli and in Portage la Prairie. For information on times and locations, check our website.

To register online, visit alzheimer.mb.ca
or call 204-943-6622 or 1-800-378-6699
for more information.



MEDIA SPONSORS




Winnipeg Free Press

Host a Coffee Break® event during September or October in support of people affected by dementia. Register online today at alzheimer.mb.ca

Join us for **NATIONAL COFFEE BREAK DAY!**
Sept. 15th, 11 am to 2 pm
Winnipeg Square beside Scotiabank

text **COFFEE** to **45678** to donate \$5 to the Alzheimer Society.



2016 **care4u**®

A conference for family and friends caring for a person with dementia

Saturday, October 29
Canadian Mennonite University,
500 Shaftesbury Blvd.
Winnipeg, MB

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Riverwood Square	Manitoba Public Insurance
Break Sponsors	The Seniors Moving Company
Home Instead Senior Care	
Realcare Inc.	
We Care Health Services	

Cost: \$40 (includes lunch and materials)
Register online today – space is limited:
alzheimer.mb.ca



TUESDAY, OCTOBER 18
6:30 to 10:30 pm

CLUB REGENT
EVENT CENTRE

REGISTRATION: \$30

- Option to collect pledges
- Register as a team or individual

Register online at alzheimer.mb.ca
or call 204-943-6622.

Presenting Sponsor  Media Sponsor 

Singing Love Songs Along the Journey

Terri McKerchar received a special gift in life that not everyone is lucky enough to experience: a new closeness in her relationship with her elderly parents. The fact that this closeness stems from a journey with dementia does not diminish its grace.

Terri's father, Max Armstrong, has Alzheimer's disease and his wife, Monique Armstrong (Terri's stepmother), has vascular dementia. Terri has been through many emotions: fear, guilt, anger. Eventually, after receiving help from the Alzheimer Society and others going through a similar experience, she came to a place of gratefulness that her parents are still here and singing love songs to each other.

"It hasn't been easy, but I have found that I really do have patience and an ability to communicate with them," says Terri.

When Max and Monique first showed signs of dementia, there were frantic moments. Once, Max didn't return from a short car ride to pick up Chinese food. He arrived home three hours later, confused.

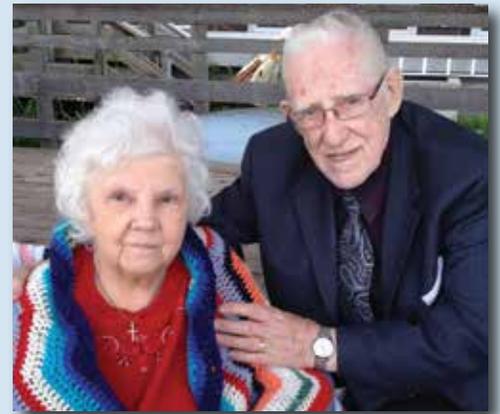
On the home front, the simple task of dealing with mail became overwhelming for the

couple. Terri and her siblings found unpaid property tax bills, unfiled tax statements and threatening letters from creditors.

"This was happening to a fiercely independent man who had spent his life in responsible positions and to a woman who had raised six children alone when her first husband died suddenly," says Terri. "It was devastating. My stepbrother pulled over and wept when he first heard of the severity of his mother's condition. I, too, cried when I considered the future facing my dad."

Terri credits the Alzheimer Society's programs and services for helping to alleviate the personal and social consequences of dementia in her life. She attended a seminar held in Steinbach called Advocating for Patients. She was also involved in a four-week session called The Alzheimer Journey (a resource for family caregivers), along with a monthly support group for family and friends. In June, she participated in the Walk for Alzheimer's in Ste. Anne for the first time.

Terri calls Leona Doerksen, Regional Coordinator of the Society's South Eastman Office,



Monique and Max Armstrong

when she has concerns and questions. Currently, Monique lives in a personal care home, and the family feels it is time for Max to join her. Leona offers guidance on how to help Max understand that the move is for his safety and that the family will be there to make the transition as smooth as possible.

In the meantime, Terri has learned what to expect as the illness progresses. She also celebrates the successes she has experienced along the way, including the trusting relationship she has built with her parents during the journey.★

Popular Minds in Motion® Program Goes West!

The Alzheimer Society of Manitoba is excited to announce that the Minds in Motion® program is expanding to Portage la Prairie this fall.

Over the past two years, this popular program has been offered at six Winnipeg locations – and more recently in Gimli – with fall and spring sessions available. A one-of-a-kind offering in Manitoba, it is the only program for people with early to moderate symptoms of Alzheimer's disease or other dementias to enjoy with a family member or community friend.

"Over 50 per cent of participant pairs end up registering for two or more Minds in Motion sessions," says Maria Mathews, Minds in Motion Program Manager at the Alzheimer Society. "With so much interest, we knew the program would have a good chance for success in other regions."

For the new program in Portage la Prairie, the Alzheimer Society partnered with Portage Plains United Way (PPUW), which generously provided funding to pay for equipment needed for the program.

Karen Lambert, Regional Coordinator for the Alzheimer Society's North Central Office, says there is a definite need for the program in her region. "Not only have people in Portage la Prairie expressed an interest, but I have also talked to people in the outlying areas who are willing to drive to Portage to participate."

The Minds in Motion program consists of a two-hour class held once a week for eight weeks. It starts Monday, October 17 from 1 to 3 pm, with the venue being the PCU Centre. Each class has a fitness component, a socialization and refreshment break, and a session involving brain stimulating recreational games and activities.

Monica Chorney, Recreation Manager with the Portage Regional Recreational Authority, says the program will benefit the whole community. "We plan to approach the high school for volunteers. This will help young people to understand the needs of people with dementia."

Two other stakeholders – Portage Service to Seniors Inc. and Southern Health/Santé



Mandy Dubois, Executive Director of Portage Plains United Way, with Karen Lambert of the Alzheimer Society.

Sud – will provide in-kind donations, such as publicity, volunteer recruitment and nutritional support.

For information on fall Minds in Motion® sessions in Portage la Prairie, Gimli and Winnipeg, go to alzheimer.mb.ca and click on the Minds in Motion icon on the right hand bar.

QUESTION: I have concerns about the dental health of my family member who has dementia. How can I help them with this part of their daily hygiene?

Ask an Expert

A healthy mouth is important for comfort, eating nutritious foods and having confidence to socialize. Equally important, research is linking health conditions, such as diabetes, heart disease and pneumonia, to infections in the mouth.

Losing teeth is not a natural part of growing older. Older adults are at risk for oral disease because they live longer with complex medical issues, keep their natural teeth longer and take many mouth-drying medications. Many become dependent on others for daily oral care and professional dental visits.

The oral health of people with dementia can change rapidly. This is complicated by the fact that they may not be able to tell you about their dental problem. Family and caregivers should watch for signs, such as refusing to eat, pulling at the face or mouth, not wanting to wear dentures, sleep trouble or behaviour changes. It's a good practice to routinely ask them to describe or point to any pain or trouble in their mouth.

Early in the progression of dementia, a person may need reminders about oral care. Care partners can also help by having

needed products on hand. Keeping up dental visits allows for both proactive planning for dental needs as well as discussions about an individualized mouth care plan. Later, care partners can assist by preparing the toothbrush or directing brushing by placing their hand over the person's hand. As dementia becomes advanced, care partners typically need to provide oral care, including checking for any obvious issues.

Most dental diseases start with plaque, a sticky substance made up of millions of bacteria that continually grow everywhere in the mouth, even without teeth. These bacteria thrive on the sugars and starches in our diet and if not brushed off, produce an acid that can cause tooth decay over time. Plaque bacteria are also the culprits in gum disease, which can begin as bleeding gums, but then lead to loss of supporting bone. Fungal (yeast) infections, particularly under dentures, are common in dependent older adults and require treatment.

DAILY CARE

For teeth:

- Brush teeth twice a day, especially before bed, with a soft toothbrush and fluoridated toothpaste.

- Use products to clean between teeth.
- Cut back sugary snacks and drinks, including sugar in coffee or tea.
- Dry mouth? Sip water frequently, avoid candies with sugar and clean teeth thoroughly.
- Can't brush after having snacks, liquid supplements or medications? Rinse with water.

For dentures:

- Remove dentures either overnight or four to six hours during the day to rest tissues.
- Use a denture brush and liquid hand or dish soap to remove plaque, food and denture adhesive; regular toothpaste is too abrasive.
- Disinfect dentures daily using a commercial denture cleaner.
- Have dentures labeled for identification.

For tissues:

- Brush and massage all mouth tissues, including the tongue.

As you assist your family members to maintain good oral health, you are contributing to their wellbeing and a healthy smile. ★

*The Centre for Community Oral Health,
College of Dentistry, Rady Faculty of Health Sciences,
University of Manitoba*



Help provide a better future for those with dementia and their families by giving generously.

**SEPTEMBER IS
WORLD ALZHEIMER'S MONTH**

alzheimer.mb.ca

"Emergency" continued from page 1...

busy and I'm sorry about that, but I think you need to know this and it'll save you time in the long run," suggests Belinda.

To help you prepare, Belinda has created the resource *Be Ready for an Emergency Department Visit*, a series of handy checklists and forms for a person with dementia to fill out with a family member, friend or caregiver.

The information on these forms will help you communicate with hospital staff, making it possible for them to provide more individualized care. Complete these forms before a trip to the hospital is necessary so the person with dementia is ready to go.

"A woman who is at the end of her pregnancy has her hospital bag packed and ready to go. Why wouldn't we, as a family, have a ready-to-go bag for a trip



to emergency?" explains Belinda. In that bag could be things like contact information, medications, hearing aid batteries and change for parking.

At the upcoming Care4u conference this October, Belinda will explore self-advocacy skills and other approaches for improving personal emergency department experiences. ★

CEO Message

Making Communities Dementia Friendly

This fall the Alzheimer Society of Manitoba is pleased to launch a new project. We will be working with community partners to create a more inclusive, dementia friendly atmosphere in businesses, organizations and neighbourhoods.

What makes a community dementia friendly?

A dementia friendly community focuses on stigma reduction and the inclusion of people with dementia. People are educated about dementia and know that a person with dementia may sometimes experience the world differently. In a dementia-friendly community, people living with dementia feel supported by their community members, whether they are at post offices, retail outlets, using transportation or enjoying hobbies out in the community.

The Society's Dementia Friendly Communities Coordinator (DFCC) will be approaching businesses and other community organizations to offer information sessions about dementia. We want to liaise with municipal services, financial institutions, churches, restaurants, personal service providers – and more – about becoming dementia friendly. The sessions will provide

The Alzheimer Society thanks the Winnipeg Foundation for supporting the Dementia Friendly Community project.

opportunities to increase knowledge and discuss specific ways to assist both people living with dementia and their care partners.

Everyone will benefit from the dementia friendly communities initiative. Community members will understand the needs of those impacted by dementia, while those with the disease will feel included. The community will gain from the participation of people with dementia.

In a dementia friendly community, we all have a role. It could involve being more patient when someone at a checkout counter needs a few more minutes to organize their purchases. It could mean assisting someone if they appear disoriented when out for a walk. It could mean improving signage to better direct people as they enter your business.

We've already been talking to people with dementia and their care partners about their experiences. They have told us what they think would make the groups they interact with in the community more dementia friendly.

We are also reaching out to community members such as yourself and encouraging you to reach out to us. We want to know your thoughts about how we could help you respond to people impacted by



Wendy Schettler, CEO

dementia. We want to know what you need to make your business or organization dementia friendly.

Opportunities for Involvement

Of vital importance in building dementia friendly communities is the sharing of personal stories – stories about how having dementia has impacted you or the people you care about. These stories are integral to breaking down stereotypes; they provide powerful examples of what is needed to create dementia friendly environments. If you have a story that you want to share, please contact us.

If you are a part of a business or organization that wants to become more dementia friendly, contact us to arrange a presentation.

To get involved, contact the DFCC at 204-943-6622 or at dementiafriendly@alzheimer.mb.ca. Together, we can help our communities and province become more dementia friendly. ★

Research Chair Makes Inroads

Dr. Ben Albeni is the Manitoba Dementia Research Chair (MDRC). Established in 2015 through a partnership between Research Manitoba and the Alzheimer Society of Manitoba, this award is a half million dollar initiative distributed over five years. The Alzheimer Society's contribution was generously donated by Wescan Electrical Mechanical Services.

Dr. Albeni is working hard to meet the goals of the MDRC. Through partnering with researchers, biomedical engineers, doctors, psychologists and chemists, he is encouraging an increase in dementia research and capacity in Manitoba – both basic and patient-oriented. In doing so, a stronger and more cohesive dementia research community is emerging that will directly benefit Manitobans impacted by the disease.

"This first year I am concentrating on bringing people together from various fields to start conversations," says Dr. Albeni. For example, he formed a dementia committee, which plays an important role provincially. The 10-person committee is comprised of clinicians, administrators, scientists and professors. They plan to meet four times per year to

discuss ways to increase dementia related research in Manitoba.

Since being appointed Research Chair last fall, Dr. Albeni has attended several high profile national and international scientific gatherings. Locally, the recent Manitoba Neuroscience Network meeting in Winnipeg focussed, for the first time, on dementia due to his efforts. Participation in these symposiums allowed him to connect with some of the world's leading dementia experts.

In addition to liaising with other scientists, the MDRC funding has allowed Dr. Albeni to continue with and expand his own laboratory work. His current research concerns the biological basis of memory and could ultimately lead to the development of new drug targets and interventions to enhance normal memory and to



Phil Hossack, Winnipeg Free Press

treat memory disorders and related neurodegenerative conditions.

Going hand-in-hand with research is the dissemination of results. Dr. Albeni and his associates have published over six full length papers and many abstracts over the last year on memory and Alzheimer's disease. In addition, they recently released a book on memory regulation.

Overall, Dr. Albeni has made great progress as Research Chair, but there is much work to be done. He will continue to partner with others working in the field over the next four years to advance dementia research. ★



**WALK FOR
ALZHEIMER'S
MAKE MEMORIES
MATTER™**

Presented by:  **Investors
Group**

**Over \$338,000
was raised
through
66 Community
walks
province-wide!**



**Thank you to all the walkers, supporters
and volunteers for making the 2016
Walk for Alzheimer's a success!**

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JOIN US!!

Awards and Appreciation Evening
Thursday, September 15, 7 pm
Investors Group Cafeteria
447 Portage Avenue, Winnipeg
RSVP by September 12
to awoodward@alzheimer.mb.ca

PROVINCIAL OFFICE

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Like us on Facebook during September – World Alzheimer's Month – and be entered to win two tickets to Care4u 2016!

Toll Free: 1-800-378-6699 (in Manitoba)

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